

Greetings from the SD Diabetes Prevention & Control Program (DPCP) and welcome to the August 15th edition of the "DPCP FYI". Each FYI is received by over 350 diabetes care professionals in and around South Dakota. If you have trouble with the links or attachments, the e-bulletin is also posted on the DPCP website at <http://diabetes.sd.gov>. If you have suggestions for improvement to the FYI or if I can otherwise be of assistance, please let me know.
Colette

This issue's topics~

- **Changes and Challenges in Diabetes Care - 2006**
- **New Airline Travel Security Information from the Transportation Security Administration and American Diabetes Association**
- **Physical Activity/Exercise and Type 2 Diabetes: A consensus statement from the American Diabetes Association**
- **FDA Endorses Sugar Substitutes**
- **Roger Shewmake, Ph.D., LN Receives Awards**

Changes and Challenges in Diabetes Care-2006

The SD Department of Health Diabetes Prevention & Control Program invites you to "Changes and Challenges in Diabetes Care-2006" at the Cedar Shore Resort in Chamberlain on October 10th & 11th. The conference is intended for nurses, dietitians, nurse practitioners, physician assistants, pharmacists and other health care professionals who provide care and education to people with diabetes and their families. Come and get an update on diabetes, network with others involved in diabetes care and learn of products and services for those with diabetes.

There is no registration fee. Applications are being submitted for continuing education credits for RNs, RDs, NPs, PAs and RPhs. Complete information can be found at <http://diabetes.sd.gov> or by contacting Jewell at 668-8477.

New Airline Travel Security Information from the Transportation Security Administration and American Diabetes Association

Due to stepped-up airport security measures on August 10, 2006 concerning liquids and gels, the Transportation Security Administration (TSA) has issued new guidelines related to what passengers can and cannot bring on board the airplane. The TSA announcement-
www.tsa.gov/press/happenings/threat-change.shtm specifically states that insulin will still be permitted aboard airplanes along with prescription medicine with a name that matches the passenger's ticket. The general guidelines for traveling with diabetes supplies are still in effect.

More information about traveling with diabetes supplies, which TSA has developed in conjunction with ADA's assistance, can be found at www.diabetes.org/advocacy-and-legalresources/discrimination/public_accommodation/travel.jsp. These tips will help ensure the safety and convenience of travelers with diabetes, while also keeping the traveling community as a whole safe.

Physical Activity/Exercise and Type 2 Diabetes: A consensus statement from the American Diabetes Association

The American Diabetes Association has published a consensus statement in the June 2006 issue of Diabetes Care which summarizes the most clinically-relevant recent advances related to physical activity/exercise for people with type 2 diabetes. The statement also

contains recommendations resulting from the evidence. The full statement is available at <http://care.diabetesjournals.org/cgi/content/full/29/6/1433>.

FDA Endorses Sugar Substitutes

There is good news for people using sugar substitute to cut down their calorie intake. Sugar substitutes receive a strong endorsement this month from the U.S. Food and Drug Administration.

Approximately 180 million adult Americans use low-calorie and sugar-free foods and beverages, mainly for diabetes management, weight management, weight reduction, protection against dental cavity and for a healthy lifestyle. This month there is sweet news for these consumers as the sugar substitutes received a strong endorsement from the U.S. Food and Drug Administration. The FDA has issued a fact sheet on sugar substitutes, and published it in the July/August issue of FDA Consumer magazine, carrying the headline, "No Calories... Sweet!"

In discussing safety aspects of the five FDA-approved sugar substitutes (aspartame, acesulfame K, neotame, saccharin and sucralose), the FDA fact sheet notes: "For each of the approved sweeteners, the typical amount used by U.S. consumers is well within designated 'acceptable daily intake levels (ADI),' or levels that can be consumed safely every day over a lifetime. " The FDA fact sheet can be viewed at www.fda.gov/fdac/features/2006/406_sweeteners.html

Roger Shewmake PhD, LN Receives Awards

Dr. Roger Shewmake is the 2006 recipient of the University of South Dakota Educator and Scholar Award. This award is given each year for outstanding participation in the education of medical students and for recognition of scholarly activities of the recipient. Dr. Shewmake, a member of the SD Diabetes Advisory Council, has been involved in the education of medical students since his first appointment to the faculty in 1985.

Dr. Shewmake has also been selected to receive the 2006 Dale Rasmann Nutrition Education Memorial Award to be presented at the 2006 American Dietetic Association Food & Nutrition Conference & Expo held in Hawaii. This award is given to recognize those who follow the example of Dale Rasmann and make outstanding nutrition related contributions in medical, dental or nursing education.

Congratulations Roger!

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